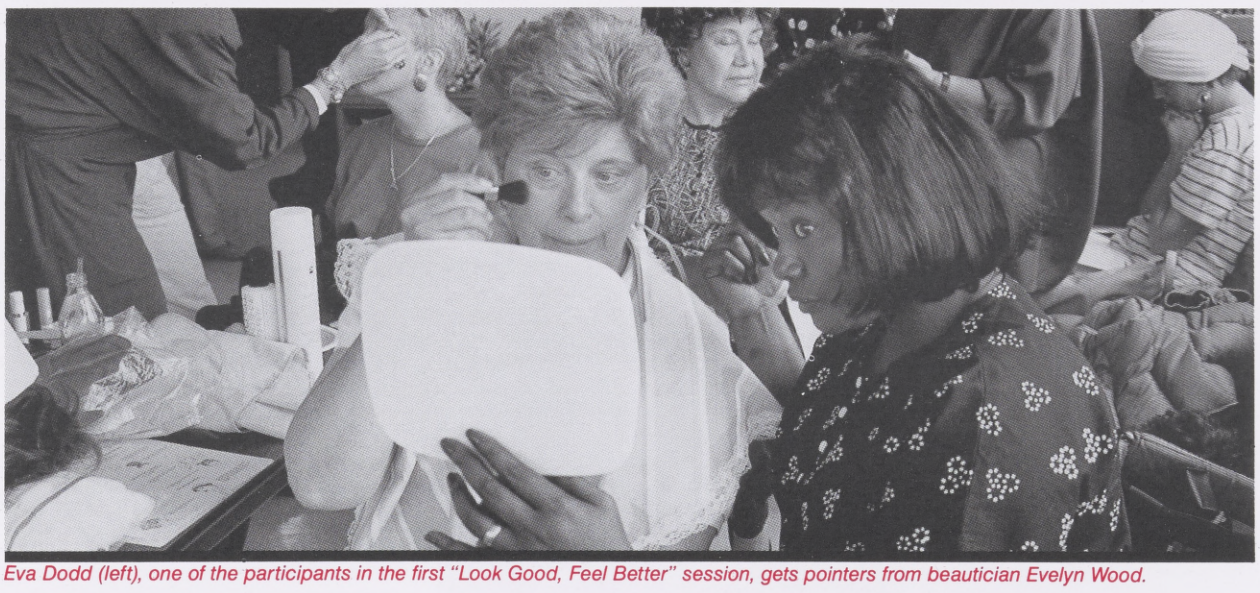
November/December 1990 Volume 15, Number 6

A summary of recent news stories from the University of California, San Francisco

UCSF

News for You

Dawn Finch



Eva Dodd (left), one of the participants in the first "Look Good, Feel Better" session, gets pointers from beautician Evelyn Wood.

New Program for Women Cancer Patients: "Look Good, Feel Better"

Women cancer patients, often depressed by the changes in personal appearance that cancer treatment can produce, are now getting a lift from a new cosmetology program at the UC San Francisco Medical Center.

The program, called "Look Good, Feel Better," is designed to help patients feel more comfortable about such side effects of chemotherapy and radiation treatment as loss of hair, dry or blotchy skin, and discolored fingernails. Volunteer cosmetologists, who are trained to work with cancer patients, instruct participants in skin care and makeup techniques, and how to compensate for hair loss. Cosmetics, scarves, wigs and turbans are provided free.

Cathy Cebulski, head nurse in the oncology unit at UCSF, says that the program is in keeping with the unit's philosophy of a comprehensive approach to patient care. "You can't just treat the patient," says Cebulski. "You have to treat the whole person."

The "Look Good, Feel Better" format was developed by the American Cancer Society and professional cosmetological associations. The program made its way to UCSF because San Francisco businessman Jim Smith, whose wife Donna was a cancer patient at the Medical Center, wanted to establish a fund in her memory. It was his wish that the money would specifically support a program that would benefit women with cancer. The program has been initially reserved for UCSF patients but it will likely open to the public as well.

The program needs donations of cotton or rayon scarves in good condition. Those wishing to donate scarves can do so by mailing them to UCSF Medical Center Administration, 505 Parnassus Avenue, UCSF 94143-1110, marked to the attention of 11 Long Nursing Station. For further information call 476-1383.

Keck Foundation Funds Brain Study Center

The W. M. Keck Foundation of Los Angeles has given UCSF $3 million to establish a center that will combine studies of the brain and behavior in an effort to uncover the biology underlying some of our most serious health problems, including Alzheimer's disease and Parkinson's disease. The new center will be called the W. M. Keck Foundation Center for Integrative Neuroscience.

The main goal of the center is to find out how nerve cells in the brain work together to generate behavior. These principles underlie everything from how we see, hear and speak to how we learn, and how our brains recover from injury.

What makes the center unique is its emphasis on bringing together many areas of brain and behavioral research, linking basic cellular studies of brain neurons with studies of the brain and spinal cord networks that control reflexes, the senses and pain. An important aspect of the research will be computer modeling of the brain as a tool to understanding it.

"We think this is the future of neuroscience," says Stephen G. Lisberger, professor of physiology, who will direct the center. "Studies of the brain have advanced to the point where we now can start to connect the areas, in order to understand human behavior such as memory and learning, vision and hearing," he says.

Protein Could Identify Who Will Get Diabetes

Anne Dowie

Baekkeskov and postdoctoral fellow Henk-Jan Aanstoot.

The identification of a protein that plays a key role in causing insulin-dependent diabetes could help physicians develop a test to determine who is susceptible to the disease. The protein, an enzyme called glutamic acid decarboxylase (GAD), was identified by UCSF microbiologist/immunologist Steinunn Baekkeskov and Yale cell biologist Pietro De Camilli, and colleagues.

The researchers found that GAD enzymes stimulate the growth of antibodies in the blood of many people who eventually develop diabetes. The researchers have yet to discover exactly what role the GAD-stimulated antibodies may play in causing diabetes. But in an autoimmune reaction, the body's immune system (which includes antibodies) attacks and kills beta cells in the pancreas. Beta cells produce insulin, which in turn regulates glucose levels in the blood, says Baekkeskov, who conducted studies for eight years in Denmark before coming to UCSF last year.

In Brief

UCSF Drug Treats Preemies

A drug which is effective in combating the leading cause of death and disability in premature infants has received final approval from the federal Food and Drug Administration.

The drug, which prevents preemies' lungs from collapsing, was developed by UCSF pediatrician John Clements, a senior member of the Cardiovascular Research Institute. The Burroughs Wellcome Company is marketing the drug under the name Exosurf Neonatal.

Premature infants are often born with lungs so underdeveloped that they fail to produce a soapy substance called surfactant. Surfactant coats the lung sacs, known as alveoli, thus keeping the sacs pliable and in their bubble-like formation.

Native Sons Contribution Tops $1 Million

The Native Sons of the Golden West presented UCSF with a check for more than $75,000 in late September, bringing the fraternal group's total contribution to the Center for Craniofacial Anomalies to more than $1 million over the past 37 years. The Native Sons is the primary source of funding for the Center, where physicians, dentists and other health specialists are developing diagnostic methods and treatments for those with facial abnormalities and functional disorders, most of them children.

Bedrosians, SF Giants Honored

UCSF honored Steve and Tammy Bedrosian and the SF Giants at Candlestick on September 29 before the Giants/Dodgers game for their help raising money for the UCSF Children's Comprehensive Cancer Center. Some $25,000 has been raised so far through the Cody Fund, which the Bedrosians established earlier this year after their three-year-old son, Cody, was diagnosed with leukemia. Cody is receiving treatment at UCSF. Bruce Wintroub, associate dean of Mount Zion at UCSF and acting director of Mount Zion cancer programs, presented the Bedrosians with the honor.

Stay Fit: Join a Supermarket Tour

Learn how to select the healthiest foods in the supermarket—and how to detect misleading advertising claims—during a two-hour supermarket tour, called Prime Time. Led by a UC San Francisco registered dietitian, the tours are held in a local supermarket and cost $15 per person.

You may register at the Millberry Fitness Desk, 500 Parnassus Avenue, or contact the Sports and Fitness Center at 476-6199 or the Nutrition Counseling Clinic at 476-2291. Checks (payable to UC Regents) should be sent to the Sports and Fitness Nutrition Center, UCSF, 94143-0212.

Proposition 143

The UC Regents have formally endorsed Proposition 143. This latest bond issue on the November 6 ballot is the second half of a two-year building program to provide new classrooms, laboratories, library space and improved seismic safety at UC, the California State University and the California Community Colleges.

While some of the $450 million provided by Proposition 143 would be used to start new projects, much of UC's share of the funds would be used to continue projects already started by a similar bond approved by California voters in June.

At UCSF, Prop 143 will help fund such projects as a new education and research center, and improvements to fire protection, water supply and electrical systems. Previous bond measures helped pay for the new UCSF Library.

What's happening

November/Decem
A bimonthly calend
events at UC San F

Special Events

Sun., Nov. 4
UCSF Orchestra Fall Concert. Millberry Union Gym, 500 Parnassus. 4 p.m. Call 476-2542 for program information.

Mon.-Tues., Nov. 12-13
Second Annual Faculty/Staff Art Show. Opening reception Nov. 12 at 4:30 p.m. Millberry Union Conference Center, 500 Parnassus. Open for viewing 8 a.m.-8 p.m.

Fri.-Sat., Dec. 7-8
UCSF Community Chorus & SF Chorale Society Christmas Concert. Vaughn William's "Hodie" plus other Christmas music. Tickets $5/8/10. First Congregational Church, Post & Mason. 8 p.m. Join the chorus for a sing-along on Dec. 9 at 3 p.m. Same place & prices. Call 476-2542.

Bay Area Women in the Marketplace

A lecture series devoted to successful women entrepreneurs in the Bay Area. Co-sponsored by Campus Tours/Speakers Bureau and Women's Resource Center. All lectures held at noon in Rm. 303 Health Sciences West, enter through 513 Parnassus. Call 476-4394 or 476-0400 for information.

Tues., Nov. 13
Risa Martyn, president, CommuniComp.

Tues., Nov. 27
Sue Scott, president, Primal Lite.

Tues., Dec. 11
Joyce Pringle, president, Pringle & Associates.

Cole Hall Cinema

Films are shown on Thursdays and Fridays in Cole Hall, 513 Parnassus. Children under 14 $2; UCSF students & Millberry Union members $2.50; seniors $3; general $3.50. Call 476-2542. (Movies subject to change.)

Nov. 1 at 5:45 & 8:15 p.m.
Nov. 2 at 6:30 & 9 p.m.
Back to the Future III.

Nov. 8 at 5:45 & 8 p.m.
Nov. 9 at 6:30 & 8:45 p.m.
The Freshman.

Nov. 15 at 5:45 & 8 p.m.
Nov. 16 at 6:30 & 8:45 p.m.
Dick Tracy.

Nov. 29 at 5:45 & 8 p.m.
Nov. 30 at 6:30 & 8:45 p.m.
Days of Thunder.

Volunteer Orientation

Program to acquaint new & prospective volunteers with opportunities available in the Medical Center at UCSF. Held in Rm. 30 Medical Sciences (basement), 513 Parnassus, on the Tuesdays listed below. For further information call 476-1196.

Nov. 6, 9-11 a.m.

Nov. 20, 6-8 p.m.

Breast Cancer Screening

Women can have low-cost mammograms—x-rays to screen for breast cancer—from a mobile van that travels to convenient Bay Area locations. The procedure takes approximately 20 minutes and costs $50. Your physician's approval is required. For appointments call 476-2193 between 9 a.m. and 3 p.m. A $50 mammography screening also is available at the Mount Zion Hospital of UCSF Radiology Department. Call 885-7710.

Nov. 5-8
Westlake Shopping Center. Daly City, on Park Plaza Dr. near Safeway.

Nov. 9
Chinatown. 1490 Mason St., District Health Center #4.

Nov. 12
Palo Alto Senior Center. Call Ellen Dietrick at 327-2811 for appointment.

Nov. 13-16
Foothill College & Middlefield College. Call Diane Glasier at 949-7243 for appointment.

Nov. 19-21
Civic Center. On McAllister St. between Larkin & Polk Sts. (Nov. 22-23 are UCSF holidays.)

Nov. 26-30
UCSF-Laurel Heights. 3333 California St. in parking lot on left.

Dec. 3-7
Embarcadero. On Drumm St. between Sacramento & Clay Sts.

Dec. 10-14
Taraval St. Between 17th & 18th Aves.

Dec. 17-21
Sunset District. On Irving St. between 25th & 26th Aves.

Dec. 26-28
Diamond Heights. On Diamond Heights Blvd. adjacent to Safeway.

Brown Bag Lectures

All lectures are free and held on Wednesdays at noon in Rm. 300 Health Sciences West, enter through 513 Parnassus. For further information call 476-4394.

Nov. 7
High Cholesterol: What to Do About It.

Nov. 14
Society of Six.

Nov. 21
Tomorrow's Physicians.

Nov. 28
Sleep Disorders: Causes & Treatments.

Dec. 5
Be Fit Every Day of Your Life.

Dec. 12
Understanding the Human Brain.

CPR Training

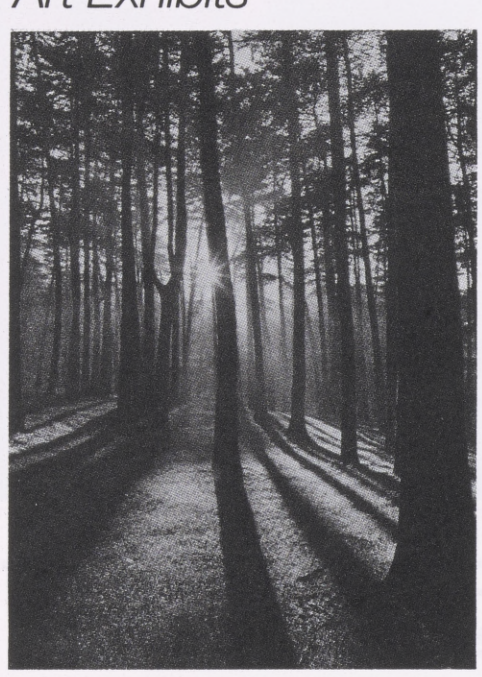
"Save A Heart" Program. CPR classes sponsored by UCSF CPR Center. Rm. 229, Nursing Bldg., enter through 521 Parnassus. Classes are from 9 a.m.-noon or 6-9 p.m. on Nov. 3, 6, 16, 20 & 30; Dec. 4, 15 & 18. $20. For information & registration call 476-1817.

CPR Road Show. Traveling CPR instruction by volunteer instructors sponsored by the UCSF Center for Pre-Hospital Research & Training. Call 476-8502.

San Francisco History

Free weekly classes trace the history of San Francisco from the 18th century to the present. Given by historian Charles Fracchia. Wednesdays through Dec. 12. Toland Hall, 533 Parnassus. 7:30-9:30 p.m. For further information call 567-2725.

Art Exhibits



"Presido Shadows" by E. Loren Soderburg.

Photography by E. Loren Soderberg. Through Nov. 28. **Paintings by Louis Labrie.** Dec. 3 through Feb. 28. On display at the Faculty/Alumni House, 745 Parnassus. 9 a.m.-5 p.m. Call 476-4723. Reception for artist, Thurs., Dec. 6. 4:30-7 p.m.

Hospitals Auxiliary Art Exhibit. On display in the lobbies of Moffitt/Long Hospitals, 505 Parnassus, during November will be color photos, framed oils, mini etchings, oil & pastels & acrylic paintings. The December display will feature framed watercolors, framed oils, fabric painting, Chinese brush painting & color photos.

A portion of all proceeds benefits patients at the Medical Center at UCSF. To purchase or reserve work, visit the Auxiliary Office, Rm. 182, Moffitt Hospital, 505 Parnassus, 9 a.m.-4 p.m., or call 476-4906.

Community Health Talks

A series of free lecture/discussions sponsored by Office of Public Service Programs held at UCSF Laurel Heights (LH), 3333 California St., or the Parnassus campus (P), Room 302 Health Sciences West (enter through 513 Parnassus) from 7-8:30 p.m. Free parking available. Call 476-3206 for details.

Thurs., Nov. 8
Osteoarthritis & Rheumatoid Arthritis. (LH)

Thurs., Nov. 29
Exercise. (P)

Thurs., Dec. 6
Taking Out the Bah Humbug & Putting Back the Ho! Ho! Ho! (LH)

Thurs., Dec. 13
Christmas & Wintertime Blues. (P)

Personal Safety

Sat., Nov. 17
Tear Gas Certification Class. Laguna Honda School Conference Room. 1350 7th Ave. 9 a.m.-noon. $20. Pre-registration required. Call Chris Yee at 476-5683 for information.

Survivors Support Group. Looking at how sexual assault can affect day-to-day life. Sponsored by Rape Prevention Educ. Prog. Twelve consecutive sessions, 5:30-7 p.m. Date & location to be announced. $5-$25. Call 476-5222 to register.

The following presentations are available by appointment to groups in the community or at your workplace:

Crime Prevention. Presented by UCSF Police Department. Call 476-5683.

Personal Safety. Presented by UCSF Rape Prevention Education Program. Call 476-5222.

Women's Programs

Unless otherwise noted, events sponsored by UCSF Women's Resource Center. For recorded program information and complete schedule, call 476-0400. To pre-register call 476-5836.

Thurs., Nov. 1
What Do I Do Tomorrow? The Elder Care Dilemma. Susan Kornblatt, coordinator, UCSF Academic Geriatric Resource Center, discusses resources available to help make decisions about caring for older parents. Co-sponsored by UCSF Child & Elder Care Referral Service. Langley Porter Auditorium, 401 Parnassus. Noon-1 p.m.

Tues., Nov. 6
Incest Trauma: Multicultural Treatment Perspectives. Therapists and social workers Alicia M. Carranza and Mary Ma focus on issues of recovery, coping and challenges for incest survivors. Sponsored by Rape Prev. Educ. Prog. Toland Hall, 533 Parnassus. Noon-1 p.m.

Thurs., Nov. 8
PMS: Say Goodbye to the Crazy Woman. How to deal with PMS through diet, nutrition, exercise and more. Toland Hall, 533 Parnassus. Noon-1 p.m.

Tues., Nov. 13
Resolving Conflicts with Your Ex. Psychotherapist Joanne Martin Braun discusses the dynamics of communicating with former partners. Clinical Sciences Rm. 130, 521 Parnassus. Noon-1 p.m.

Sat., Nov. 10
Premiere: Asian/Pacifica Women at the Celebration '90 Gay Games. Producers Eileen Lee and Marilyn Abbink are guest speakers at the premiere of this documentary. Donation $5-$10. Toland Hall, 533 Parnassus. 7:30-9:30 p.m.

Sat., Nov. 10 & 17
Ikebana for the Holidays. Kosho Dixon teaches this two-session workshop on the Japanese art of flower arrangement. $20-$30. Rm. 417, Nursing Bldg., enter through 521 Parnassus. 10 a.m-1:30 p.m. Call 476-5836 for list of items to bring.

Tues., Nov. 20
Building a Rainbow Civil Rights Movement in the 1990s. What we need to do to make our visions for the future really work. Toland Hall, 533 Parnassus. Noon-1 p.m.

Paths of Healing & Wholeness

All talks are free and held on Fridays at noon in Rm. 721, Nursing Bldg., enter through 521 Parnassus. Call Marie Lehrer at 476-3939.

Nov. 2
Altruism & Exceptional Health.

Nov. 9
Empowerment & the Healing Process.

Nov. 16
Alleviate Stress & Disease.

Nov. 30
Break Negative Relationship Patterns.

Outdoors Unlimited

Outdoors Unlimited is a cooperative resource center for outdoor recreation and adventure, serving both the UCSF campus and the general public. It provides skills training, equipment rentals, trip planning information and a place to meet others with similar interests. To receive a quarterly listing of trips and clinics, send a self-addressed, stamped envelope (45¢) to Outdoors Unlimited, Box 0234A, UCSF, San Francisco, CA 94143. For more information call 476-2078.

Dec. 12-19
Cross-Country Ski Equipment Sale. OU Center, Parnassus & 4th Aves.

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Senior Health Education Program

Free lectures by UCSF staff geared to senior citizens. Schedules are subject to change. Call 476-3206 to confirm events.

Fri., Nov. 2
Hearing Loss & New Hearing Aids. St. Francis Meal Service, 432 Mason St. 10:30 a.m.

Fri., Nov. 9
An Introduction to CPR. St. Mark's Lutheran Church, 1101 O'Farrell. 10:45 a.m.

Tues., Nov. 20
Diabetes. First Baptist Senior Adults, 21 Octavia St. 1 p.m.

Mon., Dec. 3
Environment & Health. On Lok Montgomery Day Health Center, 1000 Montgomery (corner of Broadway). 1 p.m.

Wed., Dec. 5
Environment & Health. Rose Resnick Senior Center, 1299 Bush St. 1 p.m.

AIDS Programs

Sponsored by UCSF AIDS Health Project. For more information call 476-6430.

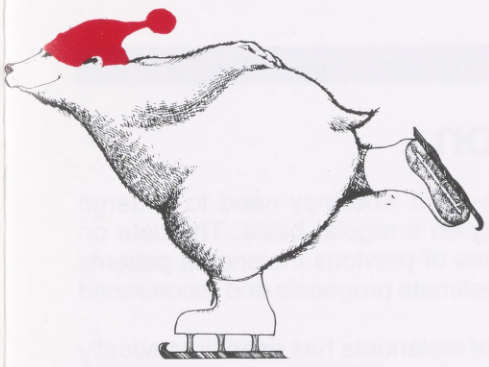
Living with HIV Public Forums. Call 476-6430 for schedule.

Individual Risk Assessments & Referrals. By appointment. Free.

Positives Being Positive. Anonymous support groups in the community for people who have tested HIV positive but have not developed symptoms of AIDS or ARC.

Other Support Groups. Drop-in & eight-week facilitated groups for men & women with AIDS, ARC or HIV infection, in a risk group or otherwise affected.

Recreation & Fitness



Don't sit on the sidelines. Millberry Union Fitness Center offers a great variety of recreation & fitness classes including Brazilian samba, ski conditioning, volleyball, guitar & much more. Children's programs, too. Community registration for Winter '91 begins **Tues., Jan. 8,** at Millberry Union Fitness Center, 500 Parnassus. For further information and a free brochure call 476-1115.

Campus Tours

All tours are free and take place at 1 p.m. on Tuesdays, Nov. 6, 13, 20, 27 and Dec. 4, 11 & 18. Meet in the lobby of Medical Sciences building, 513 Parnassus. For further information call 476-4394.

UCSF

University of California, San Francisco
News and Public Information Services
513 Parnassus Avenue
San Francisco, CA 94143-0462

The biopsy revealed melanoma, the most dangerous kind of skin cancer.

Nothing to worry about.

That's what Beth Witt thought when she first saw the little red spot on her right leg. A rose thorn had probably pricked her while she worked in the garden, she thought.

But the spot, the size of a pinhead, grew. Within six months, it had doubled in size and changed from a round to an irregular shape. Beth knew these were troubling indications of skin cancer. Several years before, doctors had removed a carcinoma from her left cheek.

Beth went to see a doctor near her home in Fresno. Recognizing the telltale signs, the doctor immediately referred her to a dermatologist, who took a biopsy. The biopsy revealed melanoma, the most dangerous kind of skin cancer.

Worse, Beth's was an especially high-risk form of melanoma. It already had spread from its original location to form tiny satellites on her skin. And it had invaded her lymphatic canals.

Beth would need a highly specialized treatment to destroy her cancer—treatment offered only at UC San Francisco's Moffitt/Long Hospitals (and at Mount Zion Medical Center when the program moves there by the end of the year) by surgeon Robert E. Allen, Jr., who specializes in vascular and thoracic cancer.

The special procedure is called heated-limb perfusion. It uses heat and chemotherapy to kill cancer. As Allen explained, the first step was to stem the blood flow to Beth's infected leg with a tourniquet. Allen and his team then isolated the main artery and vein and redirected the leg's remaining blood through a heart-lung machine.

The blood, injected with levels of a cancer-killing drug that would be toxic if given directly to the patient, passed through a tube immersed in a bath of hot water. The water heated the blood to 107.6 degrees Fahrenheit, which in turn warmed the limb to 104 degrees, hot enough to affect the cancer cells without burning the tissue.

After an hour of treatment, the medical team drained away the blood containing the cancer-killing drug and removed the tourniquet, allowing the leg's normal circulation to resume. Like most patients, Beth did not need a blood transfusion. The body regenerates the lost blood within a few weeks. Nor were there any other complications. She was back home in Fresno in less than a week. Within a couple of months, she had fully recovered. The cancer was gone. And with it, the threat of imminent death.

Beth is traveling again—a favorite pastime. She just visited her son in Alaska. And soon, she plans to join a cruise through the Panama Canal. Each day is a bonus now and a reminder that medical advances mean more than a newspaper headline. They are powerful weapons that can save lives. She is living proof. —Marshall Krantz

Robert Allen and Beth Witt in followup exam.

David Powers

November/December 1990

To Our Neighbors

"Look Good, Feel Better" Program Helps Women Cancer Patients

Protein Could Identify Likely Diabetes Sufferers

UCSF Melanoma Center to Open at Mt. Zion

University of California, San Francisco
513 Parnassus Avenue, San Francisco, CA 94143-0462

More News for You

UCSF Melanoma Detection, Treatment Center to Open at Mount Zion

A UCSF program to care for the growing number of people with melanoma will open November 1 at Mount Zion. The Melanoma Detection and Treatment Center is the first component of the regional cancer center which UCSF is developing at Mount Zion and its other three affiliated hospitals.

The Melanoma Center will offer consultation to patients and evaluate suspicious moles and lesions, which may be warning signs of the most serious form of skin cancer. In its early stages, melanoma is generally curable, usually by surgical removal of the moles or tumors. If it spreads, however, malignant melanoma is one of the most difficult cancers to treat.

The Melanoma Center will work closely with referring physicians to offer individualized care to patients. UCSF doctors will make treatment recommendations for all stages of the cancer and share in follow-up, if requested. For patients with advanced cases of melanoma, new aggressive and experimental therapies will be offered.

The new center, directed by Richard Sagebiel, a nationally known melanoma expert, will be an expansion of a nearly 20-year-old UCSF program, one of only a dozen of its type in the country. It was started in 1971 as a multispecialty consultation service to help coordinate the often fragmented care available to melanoma patients. Over the years, it has amassed one of the largest clinical data bases in the world on the natural history of the disease.

A major component of the center will be its emphasis on early detection which gives these patients the best chance at recovery, says Sagebiel.

Information from the more than 3,000 patients who have visited the UCSF clinic, has helped identify persons who are at high risk for the disease—such as those who are sun-sensitive or who have a large number of moles—and who may need to undergo medical screening on a regular basis. The data on clinical experiences of previous melanoma patients also is helpful to estimate prognosis and recommend therapy.

The incidence of melanoma has risen dramatically in the past two decades, and has been described by some experts as epidemic, particularly in sunbelt states. Increasing awareness of melanoma has meant that physicians are seeing more patients in the earlier stages of the disease, when it is generally curable. However, many people who have had tumors removed still require close follow-up, and they live with the constant concern of the cancer returning.

Another important feature of the new UCSF center will be the psychological support and counseling offered to each patient. Patients—who are undergoing therapy or who have been treated but live with the threat of recurrence of a cancer that could be deadly—receive counseling and may join support groups.

Staff at the center also will work closely with patients and the community to educate them about melanoma—how to avoid risks and how to recognize warning signs of the cancer. For further information call 885-7546.

UCSF Chosen One of Four Centers to Map Human Genome

The National Institutes of Health has chosen UCSF to be one of four new centers that will begin mapping the human genome. The five-year, approximately $10 million project at UCSF is part of a larger effort by the NIH's National Center for Human Genome Research to eventually map and sequence every gene on every human chromosome.

The national effort is expected to have a great payoff in the discovery of the causes of some 4,500 known genetic diseases, as well as a better understanding of how the body functions. The map, essentially a sequence of signposts on the chromosomes, will help researchers pinpoint the location of disease-causing genes, pull them out for study, and develop ways to diagnose and hopefully treat the disease.

The Center at UCSF, directed by Richard M. Myers, associate professor of physiology, biochemistry and biophysics, will concentrate on chromosome 4, a large but relatively unexplored chromosome that is best known as the home of the defective gene that causes Huntington's Disease.